

# Tough Times

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Vol. 8 No. 6 / NOVEMBER-DECEMBER, 2019



## Happy Holidays, everyone!

**A**s *Tough Times* goes to press, the federal election is over and a minority government is in the making.

History says minority governments can be good – the joint efforts of Liberal Prime Minister Lester Pearson and New Democrat leader Tommy Douglas resulted in medicare across Canada in 1966.

By the time the holiday season is here, we should know what the Liberal government of Justin Trudeau has in mind, to keep other political parties on side, so

that Canada and Canadians thrive.

In his victory speech, Trudeau said: “We seek hardship for none and prosperity for all.”

Let’s hope that the “all” includes people who are homeless, living in shelters, using soup kitchens and food banks, families who are struggling, here in Peel.

### Here are some ideas for a better Canada:

- National pharmacare, so that all Canadians can get the medicines they need.

- Building more homes that are affordable.
- Making higher education cheaper.
- Lowering the costs of internet and cell phones.
- Exploring ways to eliminate racism and other forms of discrimination.
- Ensuring that women have equal opportunity and equal pay at work.
- Child care available to all who need it.

...And more!

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# JOBS for youth and youth workers

See page 11

## PEEL POVERTY ACTION GROUP

Peel Poverty Action Group (PPAG) is open to every individual and organization in Peel Region that cares about what poverty does to people. It provides a safe place where people who are cash-poor and those who try to help them are encouraged to speak out – and Tough Times is part of that safe place. PPAG's mandate is to advocate for people in need and to educate the public about poverty issues. Membership is free. PPAG meets at 9:30 a.m. to noon, usually the second Thursday of every month (except July and August) alternately in Mississauga and Brampton.

### Meetings in January and February, 2020:

**Mississauga:** Newcomer Centre of Peel, 165 Dundas St. W., (at Confederation Parkway); Thursday, January 9 at 9:30 a.m..

**Brampton:** First Baptist Church, 2 Wellington Street East Thursday, February 13 at 9:30 a.m.

## Advertising Rates

Tough Times distributes 10,000 copies, throughout Peel Region.

Target audience is people experiencing homelessness, using food banks and soup kitchens, people who are struggling, plus faith groups, social service agencies, trades unions, business people, and the general public.

#### To advertise in Tough Times:

Email: [toughtimestabloid@gmail.com](mailto:toughtimestabloid@gmail.com)  
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Mail address: 4-287 Glidden Road Brampton, ON L6W 1H9, Canada

Advertising rates: (colour included)

**Business card:** \$105

**1/16 page:** \$125

**1/8 page:** \$190

**1/4 page:** \$280

**1/2 page:** \$460

**3/4 page:** \$650

**Full page:** \$810

A full page is approximately 10 inches wide by 12 inches deep = 120 square inches. E&OE

# Something to chew on

Eating – it's job one for the human race. Always has been.

United Way of Greater Toronto knows this and is putting money into making sure that cash-poor people in Mississauga get good food and know how to keep it and cook it.

Why Mississauga? Because the City is home to 381,730 immigrants, which is 53.4% of its population. Plus The Mississauga Food Bank (see article on page 10) reports an 18% increase in 2018 of people using their network of 40-plus food banks and meal programs.

Peel Public Health says Peel residents who are not rich don't eat nourishing food and are more likely to suffer from diabetes and obesity.

United Way has set two years to fix Mississauga's food problems, so they are financing projects that can run without United Way aid after two years.

MIAG, Centre for Diverse Women and Families and well-known social agency among immigrants in Mississauga, is receiving a grant for "Nourishing Communities" which will include teaching newcomers about labels on food, keeping food safe in storing, cooking, and serving, and reducing waste.

Eighty workshops are planned, to be delivered in rental buildings and co-ops in eight Mississauga neighbourhoods. Healthy recipes from different cultures will be presented, and everybody gets to taste them.

Hiring a coordinator is the next item on MIAG's menu.



**It's a hybrid! It's electric! It's a bus!** Mississauga has bought 10 new buses for its MiWay fleet. They are hybrids, able to run on a mix of diesel and batteries or batteries alone. Engines shut down when the bus stops, start up again when the brake is released, which the City says saves up to 25% on fuel. This is a first step in electrification of Mississauga's 500-strong bus fleet which will provide 50-million rides a year by 2027, and be all-electric – therefore close to pollution-free -- by 2050.

(Photo provided by City of Mississauga)

## RIDE THE BUS FOR 50¢ NOW – FREE LATER

From September 1, Brampton seniors have been using passes to ride Brampton Transit buses for \$15 a month – that's 50¢ a day, even less on 31-day months.

It's just the beginning.

Further down the road, bus rides for Brampton seniors will be FREE.

In Mississauga, seniors pay \$65 for a monthly PRESTO pass, \$2.10 for a PRESTO single fare, \$1 cash fare on Saturdays, Sundays and holidays, and on weekdays from 8:30 a.m. to 3:30 p.m. and after 7 p.m.

**"Your publication is superb. Probably the best such publication in Canada."**

Prof. John Ryan, Senior Scholar at University of Winnipeg.

# ToughTimes

Tough Times is published six times a year

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Phone 905-826-5041 or 416 579-0304

Volunteer writers, reporters, artists, cartoonists, photographers, are welcome at Tough Times.

Please email letters to: [toughtimestabloid@gmail.com](mailto:toughtimestabloid@gmail.com)

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## Homeless: The Video

*Spaces and Places: Uncovering Homelessness in the Region of Peel* is a 15-minute video in which homeless people describe their experiences. A team from PPAG, including a once-homeless person, will show the video to a group on request. There is no charge.

To book a showing contact [edna.toth@gmail.com](mailto:edna.toth@gmail.com)

Allow about 45 minutes for the video and discussion.

The video was made by a team from York University, in cooperation with the Social Planning Council of Peel, financed by a grant from the Ontario Trillium Foundation.

# The art of recovery

A PERSONAL STORY BY MIKE LOMAS

**A** few years ago I was forced to stop working due to mental health issues, which I still battle with to this day.

Exiting the workforce into disability was not an easy adjustment for me.

If not for the help of the churches and the Knights

Table I surely would have withered away by now due to the ever-increasing prices of food.

Not only was it a huge financial adjustment, it was also an incredible mental adjustment as well.

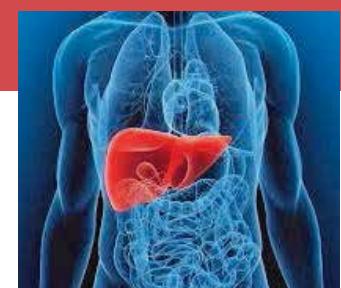
For the longest while I've struggled to occupy my time.

Sketching is something I always wanted to try but procrastinated starting, and two months ago I started going to the YMCA every day and drawing.

These two things have filled a much needed void in my time and life.

I am 49 this year.

## Hepatitis C Treatment, Care & Support Is Available



### You can be at risk if:

- Sharing of personal care and hygiene items such as razors, toothbrushes, clippers and scissors with someone living with hepatitis C
- Sharing needles used for body tattoos and piercings. Reusing and sharing tattoo ink and ink pots
- Sharing drug equipment such as needles, filters, tourniquets, water, syringes, cookers, alcohol swabs, acidifiers
- Receive blood and body organs that have not been screened for hepatitis C. Even in Canada, if you received blood and organ donations before 1990 you may be at risk.
- Involved in medical procedures including immunization in hepatitis C endemic countries



Bloom Clinic

### Contact:

Bloom Clinic  
40 Finchgate Blvd. Suite 224, Brampton, ON L6T 3J1  
Phone: 905-451-6959 | [mail@bramaleachc.ca](mailto:mail@bramaleachc.ca)

Call today for information or  
to book a free test.

## SIFTING FACTS FROM MYTH

## Is mental illness a link to gun violence among youth?

BY NORMA NICHOLSON

**M**any myths surround the link between gun violence and mental illness. Research shows that numerous factors are tied to misuse of guns.

We need to develop a cultural shift and transform our mindset to see the world through a different lens, to resist blaming young people who are facing challenges with their mental health, for the many gun crimes in communities.

We live in a rapidly changing world where the daily news amplifies shootings that result in deaths or debilitating injuries. "Breaking News" occurs daily, in social media, printed news or radio. The idea is built that these crimes are perpetrated by youth (ages 12– 21), who are mentally ill.

Many individuals believe these reports, though studies have found that media and the entertainment industry play key roles in shaping public opinion about mental health and violence.

The media depict individuals with mental health conditions as dangerous, violent and unpredictable, using headlines that sensationalize violent acts and link them to young people who have mental health challenges.

There are significant consequences to public misconceptions and fears. Entertainment frequently features negative images and stereotypes about both gun violence and mental illness especially when they strive to link the two together.

Gun violence is a complex public health issue where the focus is to find



the virus (root cause) of the disease to prevent, treat or eliminate it.

Yet gun violence has many root causes, from childhood experiences, interplay of social complexities, along with broken dreams and hopelessness.

The Roots of Youth Violence Report by former Ontario Chief Justice Roy McMurtry, Dr. Alvin Curling and a highly qualified research team, was published in 2007. The Report found immediate risk factors grow and flourish through poverty, racism, community design, flaws in the education system, family issues, health issues, economic opportunities, denial of youth voices, and the way youth are treated when they enter the justice system.

There is no denying that where a youth has a mental illness, which is undiagnosed and may be combined with substance abuse and other risk factors, these can contribute to that youth's engagement in gun violence.

It is only when some youth are incarcerated that their mental illness is diagnosed. Why? They are viewed as having bad behaviours and the focus is on the negative aspects of the behaviours vs. the youth's overall health.

If parents are supported in ensuring that when a youth has a medical checkup the family doctor also checks routinely for that youth's mental health status, I am sure that research would show earlier diagnoses, which in turn would assist youth toward a healthier

and more productive life styles away from crime.

Having a mental health diagnosis is a challenge in itself. However, large numbers of youth with a variety of mental illnesses are striving to live healthy and normal lives. They have family and some community support systems, but many lack a real sense of opportunity. In fact, some segments of society deny them higher education, or access to health care with early diagnosis.

The future holds challenges – to provide supports to youth who live with mental illness. Let's focus on their holistic health. Opportunities exist for all levels of government, the justice system, communities and family to fight for strong leadership and sustained commitment for change; increase access and knowledge about mental illness; increase knowledge about the root causes of gun violence; invest in communities and ensure major changes occur in the school system.

We all have choices; let's stop being afraid of what could go wrong and start being excited about what could go right when each of us does an action to make a difference.

*Norma Nicholson BA MA (Ed) RN is a retired nurse, educator, author, former member of Peel Police Services Board. She asks readers who would like to read more about mental illness in youth and gun violence to contact her. n.nicholson.a805@rogers.com http://www.normanicholson.ca*

*A proud Canadian Union representing workers and promoting community spirit is a commitment we take seriously.*

**UNIFOR Local 1285**

## COMMENT

## Moving ideas along

Canada's government invests modestly in about 50% of Community Health Centres across the country. But the money comes from a range of federal departments and agencies that don't work together, so that the Centres are not promoted logically.

The Canadian Association of Community Health Centres recommends establishing a federal Community Health Centres Secretariat to encourage co-ordination and growth. And that's not all. CHCs can promote health research, housing, food security, immigration and settlement, and more.

The Association says the U.S. has 11,000 not-for-profit, community-governed health centres, serving 27 million people. And the U.S. is putting in more money so that CHCs can deal with opioids and overdoses. A wide range of innovations already exist at CHCs in Canada, but workers in the field say that fragmented federal and provincial health systems don't facilitate sharing ideas.

## ToughTomes

BY LAURA BILYEA, Librarian  
Central Library, Mississauga

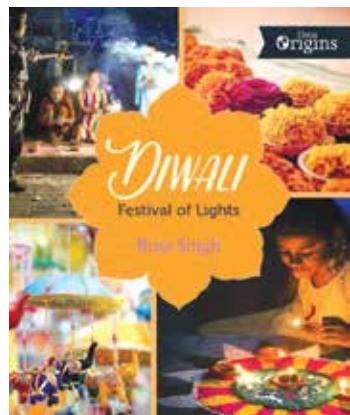
**H**ere we are at the end of another year, and this one travelled at light-speed. Year's end is a busy time in many homes as holidays are celebrated. Preparing special food, decorating in particular colours, singing appropriate songs; these and other activities heighten the race of many people in Canada toward the New Year.

Let's have a chronological look at some of these faith celebrations. These books are at your local library:

### OCT 27<sup>TH</sup>, 2019: DIWALI

*Diwali: Festival of Lights*  
by Rina Singh  
2016  
J 394.26545 SIN

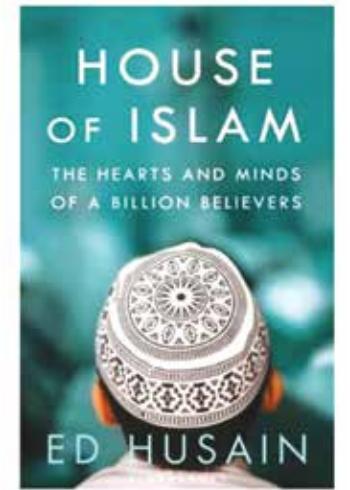
Enriched by personal stories and spiced with festive recipes, including two by chef Vikram Vij, *Diwali: Festival of Lights* brings to life the holiday's traditions, food and rituals and takes you on a journey to see how this festival is celebrated around the world.



### NOVEMBER 9-10, 2019: MILAD UN NABI OR MAWLID

*The House of Islam: A Global History*  
by Ed Husain  
2018  
297 HUS

Ed Husain expertly and compassionately guides us through the nuances of Islam and its people, contending that the Muslim world need not be a stranger to the West, nor its enemy, but a peaceable ally.

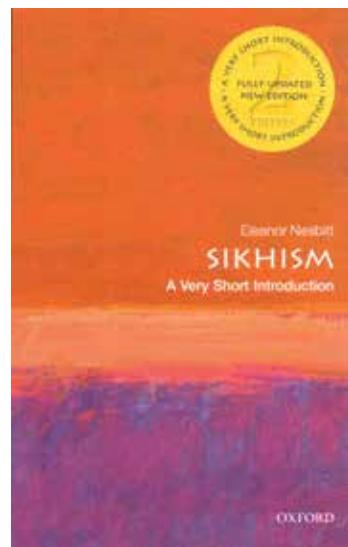


# What are YOU celebrating?

### NOVEMBER 12, 2019: BIRTH OF GURU NANAK

*Sikhism: A Very Short Introduction*  
by Eleanor M. Nesbitt  
2016  
294.6 NES

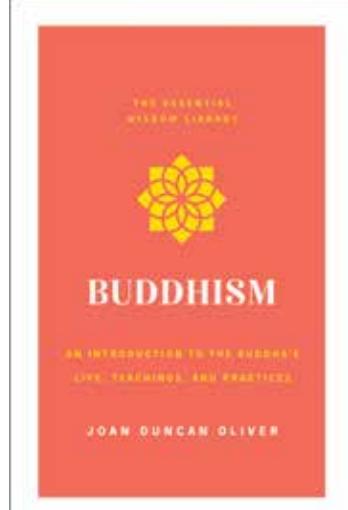
An accessible introduction to the world's fifth largest religion, this work presents Sikhism's meanings and myths, and its practices, rituals, and festivals, also addressing ongoing social issues such as the relationship with the Indian state, the diaspora, and caste.



### NOVEMBER 13, 2019: LOI KRATHONG

*Buddhism: An Introduction to the Buddha's life, teachings and practices*  
by Joan Duncan Oliver  
2019  
294.3 OLI

Writing in an engaging, approachable style, author Joan Duncan Oliver outlines the fundamentals of Buddhism for every reader, revealing its timeless truths and their relevance for finding peace in uncertain times. A practitioner of Buddhist meditation for 40 years, Oliver has written extensively on Buddhist wisdom and its application to daily life. Her practical approach makes Buddhism an essential modern guidebook to an ancient tradition.

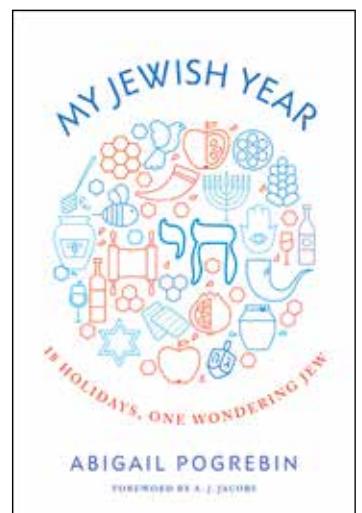


### DECEMBER 23, 2019: BEGINNING OF HANUKKAH

*My Jewish Year: 18 holidays, one wondering Jew*  
by Abigail Pogrebin  
2017  
296.43 POG

When a Pew Research Center study revealed that most U.S. Jews locate their Jewishness in their ances-

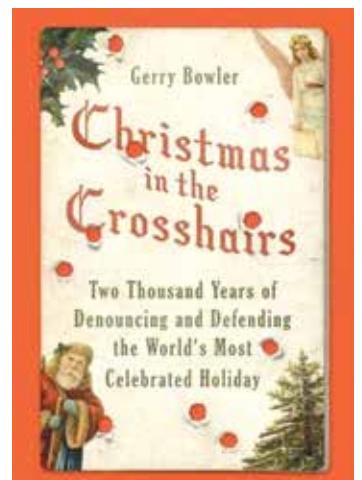
try and culture, not in religion, Pogrebin realized how little she knew about the Jewish holidays. She embarked on an entire year of intensive research, observation, and writing about the milestones on the Jewish calendar. The result is a new appreciation of the arc of Jewish observance through the eyes of a wandering-- and wondering-- Jew.



### DECEMBER 25, 2019/JANUARY 6, 2020: CHRISTMAS

*Christmas in the Crosshairs: two thousand years of denouncing and defending the world's most celebrated holiday*  
by Gerry Bowler  
2017  
263.915 BOW

Is there a war on Christmas? As Gerry Bowler demonstrates in *Christmas in the Crosshairs*, there is and always has been a war, or several wars, on Christmas. For Christians it is the second-most sacred date on the calendar, but it also engages billions of people who are caught up in its commercialism, music, sentiment, travel, and frenetic busyness. In this eye-opening history, Bowler provides an entertaining look at the tradition we thought we knew so well.



**Happy  
celebrating and  
see you in the  
New Year!**

### Norma Nicholson BA MA RN (retired)

*Published author, speaker, educator  
Children and youth mental health expert*

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*Advertisement*

HEAR ALL ABOUT IT ON 960AM

# Pee Matters because YOU matter!

BY MICHELLE BILEK

**P**eel's most active advocates and activists on issues affecting the area's most vulnerable and marginalized people have joined together as co-hosts on the Peel Matters show.

Peel Matters radio program is on Sauga News Talk 960 am radio station Monday, Wednesday and Friday at 7 p.m. It is also live streamed on: <https://sauga960am.ca/> and on Sauga News Talk on Facebook.

Hosts are Michelle Bilek on Mondays, Bill McBain on Wednesdays, and Ryan Gurcharn on Fridays.

Many local not-for-profit organizations are featured, plus local leaders of organizations, and local events are promoted live on remotes and on the show.

If your organization wants to be featured, or you have a local event or fundraising effort to promote, or if you are just passionate about a local issue affecting your life, contact Michelle Bilek at [mbilek@live.ca](mailto:mbilek@live.ca).

We want to bring the voice of Peel to the airwaves!



Ryan Gurcharn

Bill McBain



Michelle Bilek



The International Association of Machinists and Aerospace Workers didn't just go to the Canadian Exhibition to watch the air show. They were there because they made the air show possible.

The union members work with Magellan Aerospace Corporation at its production centre on Derry Road East in Mississauga. Though GE makes the J85 engine powering the Snow Bird aircraft that are the lead in the air show, Magellan provides engine and component maintenance, repair and overhaul. As you might expect, the union was out in force on Labour Day.



Planes in line for the opening run at the Ex.



Snow Birds leave trails of colourful smoke over the Ex. Smoke makes the picture as Snow Birds dive in synchro.



Unite Against Racism is a sign of the times at the Ex.

PHOTOS BY JERRY JAROSZ

# Labour day



Bright red flags mark the presence of Unifor Local 1285.



...and more Unifor red flags



Joining the line at the CNE.

AND UNIFOR LOCAL 1285

# My parade



Union folk and union flags are on the move.



Magellan fixes aircraft engines and here's one of them, on display because it powers the Snow Birds.



Thumbs up is a sign of success for unionists on Labour Day.



Unifor Local 1285 beats the drum for organized labour en route to the Ex.



Machinists and Aerospace union members gather in the shade.



You need to make yourself heard when you are in a parade.

## Rallying for change

BY JASPAL BRAR

It has been a challenging year so far where the majority of Canadians have had to rally in order to get their voices heard. These are concerned citizens wanting to raise awareness of the impact of government cuts on ordinary citizens.

It proves that rallies do have an impact when you see reversals of decisions, such as when the Ford government decided to make a callous cut of funding for autism. A public outcry and many rallies of protest persuaded Premier Doug Ford to reverse his decision.

The same is happening over the cuts against public health care and education as we saw more rallies from health care workers and educators. They were not alone because with them stood families, children and many workers from different sectors.

We saw recently the global reaction from people across nations: standing together to raise awareness of the effects of climate change. September 27, 2019 will be seen as a historic day when over seven million people globally took to the streets to protest the lack of action against climate change.

In Canada, over 800,000 people joined in the climate strikes in at least 85 cities.

This was by far the single largest climate march in the world.

Politicians and government received the message loud and clear that immediate action must be taken for our planet to remain protected for our children who are the future.

These rallies are important. Governments must listen to the general public. The people are a force to be reckoned with. When the people stand united, they will never be defeated!

*Jaspal Brar is president of Unifor Local 1285, based in Brampton. The 7000 members of Local 1285 and their retirees cover 23 workplaces, including Chrysler units in Peel.*

# Brain Gain versus Brain Drain

## THE POLITICS OF WORKER IMMIGRATION



**KAUKAB  
USMAN**

BY KAUKAB USMAN

Immigrants to Canada who have training in the professions face discrimination and multi-faceted barriers in obtaining meaningful employment fitting their education and expertise.

Experience and education acquired in their home country – on which they are assessed and granted immigration to Canada – is totally devalued once they arrive here.

A number of factors make their transition unnecessarily painful – lack of recognition of their foreign credentials and experience, lack of social and professional networks, cultural differences and employers' requirement for "Canadian experience."

Discrimination stems from a belief

that the knowledge of immigrant professionals, especially those from Third World countries, is deficient, incompatible and inferior to knowledge acquired in Canada, hence it is devalued and disregarded.

This misconception leads to unemployment and under-employment of immigrant professionals and fosters downward social mobility, which impedes integration.

Immigrants are denied access to high-wage management jobs because of ethnic and cultural differences.

Canada's stated values uphold "diversity and inclusion." But this appears to be merely lip service and in reality is completely disregarded.

To stop this unfortunate and painful situation we need an inclusive work culture that provides freedom of mobility and recognition of the additional values that immigrants bring.

To address this situation, the Canadian government has launched policy initiatives such as Prior Learning

Assessment and Recognition (PLAR) to recognize foreign qualifications. PLAR appears to be a fair and transparent recognition process but in reality it strengthens the monopolistic powers of Canadian regulatory bodies -- and victimizes immigrants without giving them a chance to establish the value of their qualifications and diverse work experience.

Employers give preference to Canadian-born and educated workers, and deny immigrants access to occupations fitted to their education and expertise. Employers aren't ready to provide opportunities for immigrant professionals to acquire "Canadian work experience."

In the absence of such opportunities, volunteer work or any unskilled work is marketed as a good strategy to enter the labour market, which often sets up immigrants in a vicious cycle of unskilled work.

Immigrant professionals generally have graduate or PhD degrees and have

senior levels of international work experience.

But for them to have "Canadian education and experience" they are put through a curriculum designed for high school. They do unpaid work in industries not relevant to their professional background.

This unfair and unjust system of treating highly skilled immigrant professionals as inexperienced high school students is outright discrimination and racialization, packaged and presented as a lack of Canadian work experience.

It is time for change, time to recognize and appreciate the talent, skills, and cultural richness brought by immigrants, and to reject racism in hiring practices, a practice which stunts the growth of the Canadian economy.

*Mississauga resident Kaukab Usman is the founder of CEIIP, the Center for Economic Integration of Immigrant Professionals; she also addresses social and economic challenges of disadvantaged youth around the world.*

## Legal Aid cuts don't help workers

If you have been injured at work, or have a disease related to work, the Workplace Safety and Insurance Board (WSIB) may provide benefits and services to help you.

But you may also need the help of a Legal Aid organization.

Catherine Fenech of Peel Injured Workers, says that Legal Aid is under attack from the Conservative Ontario

government, and may not be able to continue its support.

In Peel Region, only Mississauga Community Legal Services deals with workers compensation cases, helping Mississauga residents only.

Brampton has no legal aid help for WSIB cases and uses specialty clinics in Toronto: Injured Workers Community Legal Clinic (IWC), Industrial Accidents Victims Group of Ontario (IAVGO) and the Toronto Workers Health and Safety Legal Clinic (TWHSLC) – clinics have a provincial mandate.

"Most community legal clinics across the province no longer do workers comp claims due to their complexity and how time consuming they are," Fenech reports. "Clinics that serve vulnerable people face huge cuts in the 22 - 30% range," she notes. "The clinics have stopped taking new cases and have had to lay off staff. IWC laid off

*Legal Aid is under attack from the Conservative Ontario government, and may not be able to continue its support.*

four of their eight caseworkers while IAVGO staff took a 20% pay cut. These clinics are bare bones operations that don't have any fat to trim."

Fenech asks injured workers and supporters to write to their MPPs, asking them to push back against the cuts to legal aid.

You can find out more online at [injuredworkersonline.org/legal-aid-cuts-fightback](http://injuredworkersonline.org/legal-aid-cuts-fightback)

Ontario Federation of Labour is circulating a petition which you can sign at [Powerofmany.ca/reverse\\_the\\_cuts\\_to\\_legal\\_aid\\_funding](http://Powerofmany.ca/reverse_the_cuts_to_legal_aid_funding)

### NORTH PEEL & DUFFERIN Community Legal Services

- Free legal services for low income residents of Brampton, Caledon and Dufferin County
- Problems with your landlord?
- Is your rent subsidy threatened?
- Was your application for Ontario Disability Support Program benefits denied?
- Problems with Ontario Works?

905-455-0160 Toll Free from Dufferin 1-866-455-0160 [npdinfo@lao.on.ca](mailto:npdinfo@lao.on.ca)

# CPP invested in private prisons in the U.S. ... – BUT NOT ANY MORE

BY AUDREY NICHOLS

**O**ur Canada Pension Plan Investment Board invests our contributions, along with those of our employers, to generate the funds for our pension payments.

If you are a long time retiree and you look at how much you actually contributed to your pension and how much you have been paid, you will see that we have been paid more than the two contributions combined.

The extra money comes from the interest generated by investments made by CPP.

Many of us like to support ethical investments even if it means a lower return. However, the fact that the

Canada Pension Plan Investment Board (CPPIB) had invested \$8-million in two companies, Geo Group and Core Civic, which build and run prisons in the U.S., primarily for the detention of Latin American migrants, is distasteful.

The idea of privately built and run prisons here in Canada came up a few years ago but was thankfully not pursued..

The **+SumOfUs** organization is a grassroots group that advocates putting people and the planet before profits. We advocate and lobby around the world on various issues. Sometimes we 'lose' but often we win.

One such instance is the recent decision of the CPP Investment Board

to divest its investments in Geo Group and Core Civic.

I applaud this decision.

Making a profit out of prisons is a new low. CPP should never have made that investment. Yet had it not been for **+SumOfUs** we would probably not know about it.

Let us all commit to keeping track of CPPIB investments and speak up if we don't agree with their choices. Check out <https://www.sumofus.org>

And whatever the size of your CPP cheque, make the best use of it. You earned it!

*Audrey Nichols is a retired Mississauga Library worker, and an activist in the Canadian Union of Public Employees*



AUDREY NICHOLS

## What's ahead for our grandchildren? A CLIMATE OF CHANGE

**A** young man I know is 22 and looking ahead.

Life is changing, he says. The old jobs are disappearing.

So he is studying electromechanical engineering technology/building automation.

He will design robots.

Seriously.

He accepts climate change, says it is here to stay, and the world will adjust around it.

The robot makers, he tells me, are already into designing the Smart Home:

- Rooms heated and cooled to suit the current occupants whose individual temperature preferences have been learned and coded;
- Front doors that recognize family members and lets them in;
- Automatic laundry that puts clothes into a hopper, then cleans, dries, sorts, folds, and returns to owner;

*He accepts climate change, says it is here to stay, and the world will adjust around it.*

- A camera keeps an eye inside the refrigerator, placing orders for favourite foods, warning of outdated produce;
- Apple, Amazon, Google, and a gaggle of other manufacturers, are developing robots to make and

move goods in factories, with driverless trucks and cars. You see them bumping into each other on tongue-in-cheek commercials.

My young friend has a phone that knows his fingerprint, does all his banking, pays his bills with a swipe. I have one. You too?

All we need to do is load the phone with money.

So you still need cash.

Life isn't changing that much.



## Proudly representing Peel's Public Elementary Teachers

*Defending quality public education – for our students & our communities*



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# Helpful info for homeless and hungry

**T**his is an incomplete list of facilities, organizations, opportunities, that help homeless people in Peel. Homeless folk and helpers are invited to suggest more info, more topics. Or if assistance didn't turn out as expected, Tough Times readers need to know.

## Homeless and need a place to sleep tonight? Phone 905-791-7800 or visit [peelregion.ca/housing/shelters](http://peelregion.ca/housing/shelters)

Peel has emergency shelters for individuals, youth and families in Brampton and Mississauga. Shelters have 24-hour staffing and supports to help you find affordable housing.

## Street Help Line:

Peel Outreach team can come to you if you are in trouble, homeless, or feel you may become homeless. The team works in partnership with community agencies to provide support, advocacy and referrals. Phone 1-877-848-8481

## Are you hungry and have no money to buy food?

**Knights Table**, #4 – 287 Glidden Road, Brampton, serves three meals a day every day of the year. Breakfast from 8 a.m. to 10 a.m. Lunch and dinner from noon to 6 p.m. on weekdays, and from noon to 4 p.m. on Sundays. It also has a food bank.

**Regeneration Outreach Community at Grace United Church**, 156 Main Street North, Brampton, serves breakfast daily from 7 a.m. to 9.30 a.m. (on Sundays breakfast ends at 9.15 a.m.) A lunch program opens in September, Monday to Thursday 11.30 a.m. to 12.30 p.m.

**The Mississauga Food Bank** can suggest 40-plus food banks covering all of Peel. Phone 905 270-5589 to find a food bank near you.

## Gilgal Community Meal Program

Sundays 7:30 p.m.-8:30 p.m.  
3066 Given Rd  
Mississauga, L5A 2N3, Phone: 647-574-8708

## The Compass Multi Food Service Programs

The Compass food bank may serve a meal, followed by take-home supplies.

Monday 3 p.m.-8 p.m.  
Wednesday 12 p.m. to 5 p.m.  
Friday 12 p.m. to 5 p.m.  
310 Lakeshore Rd W  
Mississauga, L5H 1G8  
Phone: 905-274-9309

## Eden Food for Change – 2 Multi Food Service Programs

Food Bank and community kitchen  
Tuesdays 12 p.m.-2:30 p.m. and 5 p.m.-7 p.m.  
3185 Unity Dr, Mississauga, L4W 4L9  
Phone: 905-785-3651

## St. Joseph Community Kitchen

Open: Tuesday 2 p.m.- 4 p.m.  
1699 Dundas Street East,  
Mississauga, L4X 1L5  
Phone: 905-238-9008

## St. Mary Star of the Sea

Food Bank does not have fixed hours, but starting in November, opens Fridays 5 p.m. to 8 p.m.  
11 Peter Street South, Mississauga, L5H 2G1  
Phone: 905-278-2058

## Where can you get fresh water to drink, for free?

At soup kitchens, recreation centres and libraries in Mississauga. Most have drinking fountains. Brampton is not so clear. What if you just ask?

## Need to take a shower, but don't know where to go?

Phone 905-791-7800,  
or visit [peelregion.ca/housing/shelters](http://peelregion.ca/housing/shelters)  
In Mississauga, go to any recreation centre and register for a pass – no charge for showers, and you can use the rec centre address on your application.  
In Brampton, Regeneration at Grace United Church

(905 796-5888) provides towels and soap for free, from 7 a.m. to 9.15 a.m. every day.

The City of Brampton has showers at some community centres, but indicates that none are free of charge.

## Having a job interview, but no clean clothes?

Regeneration in Brampton (905) 796-5888 has clothes for adults only, open Monday to Friday, 8 a.m. to 9.30 a.m. Items are free. Donations invited. Any other organizations in Peel that provides clean clothes for free, please contact *Tough Times* at 905 826-5041 or email [toughtimesabloid@gmail.com](mailto:toughtimesabloid@gmail.com) to be listed in *Tough Times* next issue..

## Are you being evicted because you can't pay your rent?

Phone: 905-791-7800. The Region of Peel can help eligible individuals and families in emergencies when you can't pay rent or bills. Regeneration has a housing worker who can advise, but can't pay your bill.

## Are you going to lose your phone or hydro services because you can't pay your bill?

Phone: 905-791-7800. The Region of Peel can help eligible individuals and families in emergencies when you can't pay your bills.

## Services over and above

Regeneration at Grace United Church in Brampton has a volunteer chiropractor at work on Fridays from 8 a.m. to 9.30 a.m. It's free. First come, first served. (905) 796-5888. You can do your laundry at Regeneration. Costs: \$1 for soap, plus \$1 for the machine.

## Punjabi community

Punjabi Community Health Services offer help with mental and physical health. 905 677-0889

## Organizations offering help to people who are homeless or in other difficulty, please email facts to *Tough Times*, to be included in future issues. Phone 416 579-0304 cell, email [tough-timesabloid@gmail.com](mailto:tough-timesabloid@gmail.com)

## NEED FOOD?

غذا درکار بے؟

ਭੇਜਨ ਦੀ ਜ਼ਰੂਰਤ?

需要食物吗？

Cần thực phẩm?

هل تحتاج إلى الطعام؟

Necesita comida?



## Don't Go Hungry

If you don't have enough money for food and live in Mississauga, you can go to a neighbourhood food bank.

It doesn't matter about your age, gender, sexual orientation, race, religion, or immigration status. You will receive enough healthy food to feed your family for 7-10 days each month. There is no cost to visit a food bank.

Find your food bank at  
[www.themississaugafoodbank.org](http://www.themississaugafoodbank.org)  
or phone 905.270.5589.



## FOOD BANK 2 HOME

# Meals for the homebound

**T**he Mississauga Food Bank is the central food bank in Mississauga, serving 2.9 million meals a year through a network of 41+ agencies.

So far this year, the Food Bank has seen a 13% increase in the number of individuals and families visiting neighbourhood food banks across the city.

In response, the Food Bank is creating programs that give people who have the highest need more access to food. A new service -- **Food Bank 2 Home** -- will deliver healthy food directly to homebound neighbours across the city.

"We've seen a 52% increase in the number of seniors that are accessing food support services in our community," said Meghan Nicholls, Executive Director of *The Mississauga Food Bank*.

"As we noticed this alarming trend, we knew we needed to implement a program that would ensure our vulnerable, homebound neighbours are still able to get nutritious food - even if it's difficult for them to physically get to a food bank".

Starting in October, Mississauga residents who cannot access their local food bank will be able to sign up for **Food Bank 2 Home** deliveries. Deliveries will contain about seven days of food and include fruits and vegetables (seasonal fresh produce, canned fruit/vegetables), protein (frozen meat, eggs,



*"We've seen a 52% increase in the number of seniors that are accessing food support services in our community."*

canned beans/meat) and grains (rice, oats, flour, pasta). Volunteers will 'shop' at *The Mississauga Food Bank*'s warehouse on behalf of program participants, based on their dietary needs, then deliver the groceries to their homes.

### Who can receive food delivery?

If you are a Mississauga resident, this

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**10 Gillingham Dr. Unit 213**  
**Brampton, ON. L6X 5A5** [www.lcspeel.ca](http://www.lcspeel.ca) **905.696.7444**  
**@LCSPeel**  
**Labour Community Services of Peel**

## WANTED:

Enthusiastic and energetic part-time youth worker for ECLYPSE After School Program.

**Duties:** to ensure enjoyable, high-interest, safe, and varied activities for children ages 8 to 10 in schools in Malton on Mondays, Wednesdays and Fridays, 3 p.m. to 6 p.m., October 2019 to June 2020.

**Qualifications:** Community College Diploma in child and youth work, social work, or similar; two to three years' experience working with youth and children; skilled in athletics, or other recreational trends; certification in First Aid, CPR, WHIMIS, Food Handling and High Five an asset.

**Salary:** \$14 an hour.

Email resume to Zulekha Suni, Manager of Youth Outreach and Engagement Services, [zsuni@rapportyouth.com](mailto:zsuni@rapportyouth.com)

*Rapport Youth Services is an equal opportunity employer  
Please no phone calls. Only applicants deemed qualified will be contacted.*

## Want to help?

The Mississauga Food Bank needs volunteers for this program. You can sign up to help as a driver, leader, or part of the program support crew. By volunteering a few hours a week, you can help your neighbours get the healthy food they need delivered to their door. For more information about volunteering, visit [themississaugafoodbank.org/get-involved/volunteer-opportunities/](http://themississaugafoodbank.org/get-involved/volunteer-opportunities/)

program may be available to you if you meet one of these requirements:

- You are 65+ years old;
- You have a physical disability that keeps you from accessing a local food bank;
- You have a long term illness that keeps you from accessing a local food bank;
- You are a single, new or expectant mother who is homebound.

To ensure that community members who have the greatest need are able to receive assistance through this program, it will only be available to individuals who do not live with a household member who is able to visit a food bank for them.

If you or someone you know meet these criteria and are in need of assistance please contact [info@themississaugafoodbank.org](mailto:info@themississaugafoodbank.org) or phone 905 270-5589.

**50<sup>th</sup> Rapport Youth & Family Services**  
*Happier Youth, Healthier Communities*



### WHAT DOES THIS PROGRAM PROVIDE?

- Paid in-class training for 4 weeks
- Paid job placement for 12 weeks
- Commitment of 16 weeks

# YOUTH LOOKING FOR A JOB

### WHERE:

#### ECLYPSE Employment Program

2970 Drew Rd. Unit 202C (Above Bamiyan Kabob)

Please contact us at  
**905-671-4575**

Email: [zsuni@rapportyouth.com](mailto:zsuni@rapportyouth.com)

**Registration in person only**

**IMPORTANT:** Please bring your **SIN CARD** and a Government issued **Photo ID**

### ELIGIBILITY CRITERIA:

- Must be a resident of Peel Region
- Must be legally entitled to work in Canada
- Not eligible for E.I.
- Be between 15-30 years old
- Not in full-time school or work

*This project is funded by  
the Government of Canada.*





## Is your child in Junior Kindergarten?

Let's keep their eyes healthy to help them do their best in school. **Free** eyeglasses are available for JK students from the **Eye See...Eye Learn®** Program.

Visit [peelregion.ca/vision-health](http://peelregion.ca/vision-health) to learn more about vision health and other services available to you in Peel.